



May 2014

West Ashley

LOWCOUNTRY
SENIOR
CENTER



Lowcountry Senior Center at Bees Landing Recreation Center

The City of Charleston Recreation Department and Lowcountry Senior Center have teamed-up to bring senior center programming to West Ashley. Programs are offered at Bees Landing Recreation Center located at 1580 Ashley Gardens Boulevard. Register in person at Bees Landing or by calling (843) 402-4571. Please register for programs in advance.

Car Buying

Car buying can be an overwhelming experience in today's market. With so many choices available, buying a car can sometimes be confusing and stressful. Leslie Howard, South Carolina Federal Credit Union, covers car shopping considerations, whether you should buy new or used or lease, your credit score, financing, and getting the best price and more. **Thursday, May 15, 1—2 p.m.**

Current Events Discussion

Join us for a lively discussion on local and current events in the Charleston area. A great way to stay informed! **Wednesday, May 14, 1—2:30 p.m.**

Book Club

Calling all book lovers! Book club led by Sherryl James from the Charleston County Public Library on **Monday, June 2, 1—2:30 p.m.** This month's book: *The Glass Castle* by Jeanette Walls. Book Club Kit available at Bee Landing Recreation Center desk. Use your library card to check out the book.

Knitting for Beginners

Learn how to do simple and basic knitting techniques while creating a scarf. Led by Brenda Smith. A supply list is available at the Bees Landing front desk. **Thursdays, 10:30 a.m.—12 p.m.**

Directions to Bees Landing

Bees Landing Recreation Center is located in the Grand Oaks subdivision off Bees Ferry Rd.

- **From Hwy 61 N/Glenn McConnell Pkwy:** Turn left onto Bees Ferry Road. At the second traffic light, turn right onto Grand Oaks Blvd. Turn left onto Ashley Gardens Blvd. At the traffic circle, take the first right to Bees Landing Recreation Center.
- **From Ravenel, Hwy 17/Savannah Hwy:** Turn left on Bees Ferry Road. Drive approximately 8 miles and turn left onto Grand Oaks Blvd. Turn left onto Ashley Gardens Blvd. At traffic circle, take the first right to Bees Landing Recreation Center.

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Line Dancing

Did you know that line dancing can improve your brain health? Dancing increases blood flow to the brain. Plus it's just plain fun!! Join us on **Mondays, 12:30—1:30 p.m.** *(No classes during Summer Break June 9–August 15).*

Bridge

Bridge is an ideal game for entertainment! Join us at Bees Landing for bridge and other card games. We'll have tables and cards set-up and waiting for you! **Wednesdays, 9:30 a.m.—12 p.m.** *(No classes during Summer Break June 9–August 15).*

Mah Jongg

Mah Jongg is a game of skill, strategy, and calculation and involves a degree of chance. Join us at Bees Landing on **Tuesdays, 1—3 p.m.**

Movie Matinee

Enjoy a good movie and popcorn! **Thursday, May 8, 2—4 p.m.,** *Gravity* (PG-13) Starring Sandra Bullock and George Clooney
Thursday, May 22, 2-4 p.m., *About Time* (R) starring Domhnal Gleeson and Rachel McAdams.

Pickleball

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. Come see what the Pickleball craze is all about! Equipment provided. **Mondays, 5 p.m.**

Fitness Classes

Strong Bones & Healthy Heart: cardio, strength, flexibility, and balance. Exercises. Tuesdays and Thursdays, 1—2 p.m. Call Exercise is Medicine at 628-2824 to register. *(No classes during Summer Break June 9–August 15).*

Enhance Fitness: A low-intensity, non-impact exercise class which includes basic aerobic and toning exercises. Mondays, Wednesdays, and Thursdays 2:30-3:30 pm. Call Roper St. Francis Advantage to register at 724-2489.

Sit & Fit: Exercise while seated in a chair. Recommended for those who appear unsteady, use an assistive device for walking; lose balance during exercise, or have a recent history of falls. Tuesdays and Thursdays, 10—11 a.m.

Zumba® Gold: Designed to take exciting Latin and international dance rhythms and bring them to the active older adult, the beginner participant, and other special populations. Wednesdays, 9:30 am.

Pilates: Focuses on the abdominals which help keep the body balanced and in alignment. Mondays 9 am, Tuesdays 6:30 pm, and (NEW DAY/TIME!) Thursdays 6:30 pm.

Gentle Kripala Yoga: Gentle yoga is designed to gently work the body to relax and increase flexibility and strength, as well as calming the mind and increasing the ability to focus. Tuesdays and Thursdays, 9 am.

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Social Events

It's always fun to get together with others over a cup of coffee, lunch, or dinner. We are always looking for new ideas. Feel free to contact the Lowcountry Senior Center and share your thoughts with Marianne Seabrook, Director of Leisure and Learning, 762-9555 or marianne.seabrook@rsfh.com.

The Lunch Bunch

A fun way to meet other men and women in the area. Everyone meets at the restaurant and is responsible for their own transportation and payment. Please pre-register at Bees Landing Recreation Center, 402-4571.

Wednesday, May 7, 1 p.m.:

T-Bonz Gill & Grill, 1668 Old Towne Road

Wednesday, May 28, 1 p.m.:

Bear E Patch, 1980 Ashley River Road

Dining with Friends

Get out of the house for a night! This is a great way to meet new people and have fun! Everyone meets at the restaurant and is responsible for their own transportation and payment. **Thursday, May 15, 5:30 p.m.** at Creekside Pizza Co., 2600 Savannah Hwy.

Mailing List

To receive this monthly newsletter in the mail, please visit or call Bees Landing at (843) 402-4571 and ask to have your name placed on our mailing list. Thank you!

Coffee and Social Hour

Start your morning with hot coffee and good conversation. Bees Landing offers free coffee **Mondays-Fridays, 8:30 a.m.—10 a.m.** in the lobby. Volunteers are always available to help get the conversation going! What great way to start your day! *(No classes during Summer Break June 9–August 15).*

Golden Games

Coming May 15, 2014!

Let the games begin! Come join the Bees Landing Recreation Center as we host a number of varying challenges, including Bocce, cornhole, darts, Ping Pong, and even a baking contest. Compete in one or more events. Registration includes t-shirt. For those age 50+. Registration: \$6/1 event, \$1/ additional event. (Register March 4–May 5).

Riverdogs Game

Come with us to the Riverdogs baseball game vs. the Hickory Rangers, with fireworks after the game! Includes upper level reserve ticket and transportation to and from the game. Bus leaves Bees Landing at 5:30. Food & drinks are on your own. **May 16, 5:30–10 pm.** \$11 per person.

Peaches and Pearl's Day Trip

July 10, 2014. Travel with the Lowcountry Senior Center to Bishopville and McBee, SC. We'll visit Pearl Fryer's Topiary Gardens and the McLeod's Farm. Call Marianne Seabrook, Lowcountry Senior Center at 762-9555 for more details.